

LOCKPORT HOMER SWIM CLUB LIGHTNING

RECORDS Coachs Records

Yards-Women

8 & U	25 Free	15.84	20-Nov-97	LHSC	E. HARE	
	50 Free	32.12	20-Nov-97	LHSC	E. HARE	
	25 Back	17.78	20-Jan-00	LHSC	JESSICA WELCH	
	25 Breast	19.94	25-Feb-97	LHSC	K. TAYLOR	
	25 Fly	17.15	5-Feb-97	LHSC	E. HARE	
	100 Free Relay	1:07.40	25-Feb-97	LHSC	LHSC	E. HARE, K. TAYLOR, R. HASTINGS, A. TRAV
	100 Medley Relay	1:13.74	21-Jan-97	LHSC	LHSC	E. HARE, R. HASTINGS, K. TAYLOR, B. BAL
9-10	50 Free	29.24	10-Dec-02	LHSC	N. DUNLAP	
	100 Free	1:05.44	11-Dec-02	LHSC	N. DUNLAP	
	200 Free	2:23.84	13-Feb-04	LHSC	M.E. KNOWLES	
	50 Back	33.84	27-Oct-06	LHSC IL	Amanda N. Moran at Peoria Water Wizards Spooktacular	
	100 Back	1:13.77	7-Oct-06	LHSC IL	Amanda N. Moran at Patriot Aquatic TYR Patriot Games	
	50 Breast	38.93	7-Nov-07	LHSC IL	L. Nilsen	
	100 Breast	1:26.42	25-Feb-98	LHSC	L. NILSEN	
	50 Fly	30.22	10-Jan-04	LHSC	M.E. KNOWLES	
	100 Fly	1:07.05	11-Jan-04	LHSC	M.E. KNOWLES	MIDSTATES TEAM ILLINOIS
	100 IM	1:12.14	5-Feb-03	LHSC	N. DUNLAP	
	200 Free Relay	1:59.18	25-Jun-03	LHSC IL	Lockport Homer Swim Club	T. Castillo, B. Overzet, M. Knowles, M.
	200 Medley Relay	2:19.46	21-Mar-03	LHSC	LHSC	C. POPE, K. WEBSTER, M.E. KNOWLES, M. M
11-12	50 Free	26.84	19-Feb-04	LHSC	N. DUNLAP	
	100 Free	59.12	20-Feb-05	LHSC	M. WASZAK	
	200 Free	2:07.41	3-Dec-04	LHSC	N. DUNLAP	
	500 Free	5:44.32	3-Dec-04	LHSC	N. DUNLAP	
	50 Back	30.13	9-Jul-08	LHSC IL	Amanda N. Moran at South Suburban Gold Conference	
	100 Back	1:06.14	18-Oct-08	LHSC IL	Amanda N. Moran at OktSwimFest08	
	50 Breast	33.63	9-Jul-08	LHSC IL	Abby Loughran at South Suburban Gold Conference	
	100 Breast	1:15.39	7-Jan-04	LHSC	M.M Knowles	
	50 Fly	28.48	19-Nov-05	LHSC IL	Molly Knowles at G.I.L.L.S Pentathlon 11/19/2005	
	100 Fly	1:03.98	18-Nov-04	LHSC	N.Dunlap	
	100 IM	1:06.15	9-Jul-08	LHSC	Abby Loughran	
	200 IM	2:27.18	18-Nov-04	LHSC	N.Dunlap	
	200 Free Relay	1:51.86	22-Nov-03	LHSC	LHSC	N. Dunlap, M. Waszak, M.M Knowles, L. Henriks
	400 Free Relay	4:06.60	19-Mar-04	LHSC	LHSC	N. Dunlap, M.M Knowles, L. Henrikson, H. Mirku
	200 Medley Relay	2:05.16	7-Nov-03	LHSC	LHSC	N.Dunlap, M.M Knowles, L. Henrikson, H. Mirku
	400 Medley Relay	4:40.14	19-Mar-04	LHSC	LHSC	M. Waszak, K. Webster, M.E Knowles, T. Castillo
	13-14	50 Free	25.70	18-Mar-05	LHSC IL	Alex Green
100 Free		56.58	15-Jul-04	LHSC	A. Green	
200 Free		2:04.81	22-Feb-08	LHSC IL	Molly Knowles at ISI Regional Championships - LWSA	
500 Free		5:45.17	25-Feb-05	LHSC	N. Dunlap	
1650 Free		20:55.45	27-Oct-06	LHSC IL	Molly Knowles at Peoria Water Wizards Spooktacular	
100 Back		1:00.46	13-Mar-09	LHSC IL	Amanda N. Moran at 2009 Speedo ISI Age Group Championships	
200 Back		2:19.98	6-Feb-09	LHSC IL	Amanda N. Moran at 10th Annual Winter Classic	
100 Breast		1:12.32	15-Feb-09	LHSC IL	Abby Loughran at Blue Conference	
200 Breast		2:40.68	25-Mar-05	LHSC	M.M Knowles	
100 Fly		1:00.41	16-Nov-07	LHSC IL	Molly Knowles at IHSA Girls High School State Meet	
200 Fly		2:14.57	14-Mar-08	LHSC IL	Molly Knowles at 2008 Speedo© ISI Age Group Championships	
200 IM		2:18.53	23-Nov-07	LHSC IL	Molly Knowles at IHSA Sectional	
400 IM		5:06.51	22-Feb-08	LHSC IL	Molly Knowles at ISI Regional Championships - LWSA	

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13-14	200 Free Relay	1:46.90	18-Feb-05	LHSC	LHSC	N. Dunlap, S. Makikas, M. Kuyper, A. Green
	400 Free Relay	3:52.68	18-Mar-05	LHSC	LHSC	N. Dunlap, M. Kuyper, M. Waszak, A. Green
	200 Medley Relay	1:53.24	26-May-05	LHSC	HL Lockport Homer Swim Club	A. Green, M. Knowles, M. Kuyper, A. K
	400 Medley Relay	4:17.65	18-Mar-05	LHSC	LHSC	M. Dunlap, M. M Knowles, L. Henrikson, A. Wasza
15-18	50 Free	25.59	15-Nov-08	LHSC	HL	Stephanie Manikas at IHSA Sectional Meet
	100 Free	55.74	18-Jul-02	LHSC		L. Mathis
	200 Free	2:06.98	16-Mar-00	LHSC		J. Rutter
	500 Free	5:32.24	14-Feb-99	LHSC		J. Rutter
	1650 Free	23:08.00	5-Jun-02	LHSC		J. Olivares
	100 Back	1:02.84	4-Dec-99	LHSC		J. Rutter
	200 Back	2:11.51	4-Dec-99	LHSC		J. Rutter
	100 Breast	1:09.80	15-Nov-08	LHSC	HL	Maggie Knowles at IHSA Sectional Meet
	200 Breast	2:45.28	6-Jan-07	LHSC	HL	Maggie Knowles at Windy City Speedo Invitational
	100 Fly	59.97	15-Nov-08	LHSC	HL	Molly Knowles at IHSA Sectional Meet
	200 Fly	2:20.32	6-Feb-09	LHSC	HL	Molly Knowles at 10th Annual Winter Classic
	200 IM	2:18.53	10-Nov-07	LHSC	HL	Molly Knowles IHSA Sectionals
	400 Free Relay	4:14.37	15-Jan-00	LHSC	LHSC	J. Margalus, J. Rutter, L. Mathis
	400 Medley Relay	4:45.03	15-Jan-00	LHSC	LHSC	J. Rutter, JA, Rutter, L. Mathis, J. Margalus

LOCKPORT HOMER SWIM CLUB LIGHTNING

RECORDS Coachs Records

Yards-Men

8 & U	25 Free	13.21	13-Jan-05	LHSC	K.Dybas	
	50 Free	31.90	12-Feb-00	LHSC	D.Gremillon	
	25 Back	17.88	8-Jan-05	LHSC HL	Austin Zborek at Hickory Willows 21st Annual Wi	
	25 Breast	21.28	18-Feb-03	LHSC	A.Rossi	
	25 Fly	17.56	25-Feb-97	LHSC	P.Ivnik	
	100 IM	1:32.03	1-Nov-02	LHSC	A. Rossi	
	100 Free Relay	1:11.61	12-Feb-00	LHSC HL	Lockport Homer Swim Club	
	100 Medley Relay	1:07.65	25-Nov-08	LHSC HL	Lockport Homer Swim Club C. Bryll, K. Bergman	
9-10	50 Free	29.87	21-Mar-03	LHSC HL	Jake Welch at Illinois Age Group Championshi	
	100 Free	1:07.02	21-Mar-03	LHSC	J.Welch	
	200 Free	2:25.76	21-Mar-03	LHSC	J.Welch	
	50 Back	35.15	22-Feb-03	LHSC HL	Jake Welch	
	100 Back	1:19.99	1-Mar-03	LHSC	J.Welch	
	50 Breast	38.03	25-Feb-98	LHSC	N.Taylor	
	100 Breast	1:25.09	25-Feb-98	LHSC	N.Taylor	
	50 Fly	31.29	5-Feb-98	LHSC	J.Kure	
	100 Fly	1:19.38	4-Oct-05	LHSC	J. KNOWLES	
	200 Free Relay	2:02.27	5-Feb-98	LHSC	LHSC	M.Hare,D.Cender,B.Cender,J.Kure
200 Medley Relay	2:16.25	25-Feb-98	LHSC	LHSC	K.Boyle,M.Hare,N.Taylor,J.Kure	
11-12	50 Free	26.54	10-Jul-07	LHSC HL	Jake Knowles at South Suburban Blue Conference	
	100 Free	58.07	2-Nov-07	LHSC HL	Jake Knowles at 11th Annual Fox Fall Classic ILS07-1104	
	200 Free	2:11.26	16-Mar-07	LHSC HL	Jake Knowles at 2007 Illinois Age Group Championships	
	500 Free	5:46.90	16-Mar-07	LHSC HL	Jake Knowles at 2007 Illinois Age Group Championships	
	50 Back	31.45	19-Jan-07	LHSC HL	Sean Haramija at HFSC Challenge 2007	
	100 Back	1:10.02	25-Mar-05	LHSC	J.Welch	
	50 Breast	34.56	25-Feb-98	LHSC	D.Hare	
	100 Breast	1:15.48	10-Nov-05	LHSC HL	Billy Bafia at TPSC VS. Lockport	
	50 Fly	29.47	14-Oct-05	LHSC HL	Jay Schackle at WWAC Fall Kick Off Meet 2005	
	100 Fly	1:07.21	14-Oct-05	LHSC HL	Jay Schackle at WWAC Fall Kick Off Meet 2005	
	100 IM	1:08.55	25-Feb-98	LHSC	D.Hare	
	200 IM	2:29.80	14-Oct-05	LHSC HL	Jay Schackle at WWAC Fall Kick Off Meet 2005	
	200 Free Relay	1:57.24	24-Feb-05	LHSC	LHSC	J.Margalus,D.Hare, L.Shorette,
	400 Free Relay	4:14.81	18-Mar-05	LHSC HL	Lockport Homer Swim Club J. Welch, W. Bafia, S. Haramija, J. Scha	
	200 Medley Relay	47.31	25-Nov-08	LHSC HL	Lockport Homer Swim Club J. Tomczuk, B. Standish	
	400 Medley Relay	5:06.74	8-Jan-05	LHSC	LHSC	J.Welch, B.Bafia, J. Schackle, C. Bowman
13-14	50 Free	24.12	13-Mar-09	LHSC HL	Jake Knowles at 2009 Speedo ISI Age Group Championships	
	100 Free	52.60	13-Mar-09	LHSC HL	Jake Knowles at 2009 Speedo ISI Age Group Championships	
	200 Free	1:55.47	27-Feb-09	LHSC HL	Jake Knowles at ISI Regional Championships 2009 - LWSA	
	500 Free	5:14.32	16-Mar-07	LHSC HL	Jay Schackle at 2007 Illinois Age Group Championships	
	1650 Free	19:21.11	19-Jan-07	LHSC	J. SCHACKLE	
	100 Back	1:01.30	18-Mar-05	LHSC	T. Rothstein	
	200 Back	2:14.15	18-Apr-05	LHSC	T. Rothstein	
	100 Breast	1:06.06	13-Mar-09	LHSC HL	Jake Knowles at 2009 Speedo ISI Age Group Championships	
	200 Breast	2:27.39	13-Mar-09	LHSC HL	Jake Knowles at 2009 Speedo ISI Age Group Championships	
	100 Fly	56.13	16-Mar-07	LHSC HL	Jay Schackle at 2007 Illinois Age Group Championships	
	200 Fly	2:07.76	16-Mar-07	LHSC HL	Jay Schackle at 2007 Illinois Age Group Championships	
	200 IM	2:09.02	13-Mar-09	LHSC HL	Jake Knowles at 2009 Speedo ISI Age Group Championships	
	400 IM	4:39.76	16-Mar-07	LHSC HL	Jay Schackle at 2007 Illinois Age Group Championships	

**LOCKPORT HOMER SWIM CLUB
LIGHTNING**

RECORDS Coachs Records

13-14	200 Free Relay	1:41.35	15-Feb-09	LHSC IL	Lockport Homer Swim Club	Gillis,Lindstrom. Goetz, Knowles	
	400 Free Relay	3:42.78	16-Mar-07	LHSC IL	Lockport Homer Swim Club	J. Schackle, S. Haramija, C. Bowman, W	
	200 Medley Relay	1:52.90	16-Jun-09	LHSC IL	Lockport Homer Swim Club	A. Lindstrom, J. Knowles, J. GILLIS, J. G	
	400 Medley Relay	4:04.79	16-Mar-07	LHSC IL	Lockport Homer Swim Club	C. Bowman, W. Bafia, J. Schackle, S. H	
15-18	50 Free	21.03	27-Feb-09	LHSC IL	Kevin Moran at IHSC Men's State Meet		
	100 Free	47.37	27-Feb-09	LHSC IL	Kevin Moran at IHSC Men's State Meet		
	200 Free	1:47.42	21-Feb-09	LHSC IL	Michael Pedroni at IHSA Boys Sectional Meet		
	500 Free	5:02.97	3-Mar-00	LHSC	J. Ozbolt		
	1650 Free	93:05.73	4-Nov-00	LHSC	E. Ketelaar		
	100 Back	56.14	5-Mar-09	LHSC IL	Larry J. Formosa at 2009 IL Speedo© Illinois Swimming Senior Cham		
	200 Back	2:11.64	3-Mar-00	LHSC	J.Kuchyak		
	100 Breast	1:03.18	21-Feb-09	LHSC IL	Billy Bafia at IHSA Boys Sectional Meet		
	200 Breast	2:18.78	3-Mar-00	LHSC	J.Kuchyak		
	100 Fly	51.93	27-Feb-09	LHSC IL	Larry J. Formosa at IHSC Men's State Meet		
	200 Fly	1:57.70	3-Mar-00	LHSC	J. Kuchyak		
	200 IM	2:02.18	21-Feb-09	LHSC IL	Larry J. Formosa at IHSA Boys Sectional Meet		
	400 IM	4:22.50	8-Mar-01	LHSC	J. Kuchyak		
	400 Free Relay	3:27.31	8-Mar-01	LHSC	LHSC	S. Pragovich, A. Munoz, J.Kuchyak	
	400 Medley Relay	3:47.98	8-Mar-01	LHSC	LHSC	S. Praghovich, J. Kuchyak, E. Ketelaar, J. Kuchyal	